

# The Therapeutic and medicinal Use of Camphor in Ordinary Life

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**Abstract:** The main purpose of this review paper is knowledge about the camphor and medical and also therapeutic uses of camphor in the modern science. The camphor (Cinnamomum camphor) is obtained from the wood of camphor tree. The motivation of this literature review is to obtain knowledge of the long history. The learning have shows that some of the element of cinnamomum camphor have vanquish and anti-mutagenic effect in number of human cancer cells without injure the healthy cells. It is used since very year's ago in the treatment of variety of symptoms such as inflammation, irritation, infection. Etc. It is also used in the therapy of cancer.

**Keywords:** Camphor, Applications, Cancer, Cinnamomum Camphor.

## 1. Introduction

The camphor is white, crystalline substance, with strong smell and pungent taste, obtain from the wood of camphor tree. The camphor tree is small, broad leaved and it grows up-to 40meter in length and 3 meter in diameter. The camphor tree is found in tropical and subtropical region of Asia. The camphor is secure through steam distillation, refine, and sublimation of wood, twigs and bark of the tree.



Fig. 1. Camphor tree

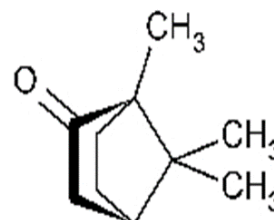


Fig. 2. Camphor

In the pharmaceutical purpose the camphor is used as topical analgesic, anti-inflammatory. Camphor is mostly absorbed through the skin and it easily passed through the dermal region and it can be also administrator by the injection, injection, and inhalation etc. The camphor oil contains 1%of essential oil, such as cineol, pinene, thymol, menthol10-15% of 2bornanon etc.

- *Chemical composition of camphor:*

The Main chemical composition which are obtained from the plant are the menthol, Naphthol, thymol, salicyclic acid, phenol, etc.and also constitution are cineol, camphor, campherol, safrole, candinene, terpeneol, dipentene, camphene, terpeneol, etc. The cinnamaldehyde are obtained from the bark of the plant due to the extraction of the leaves oils are obtained such as teepeneol, eugenol which imparts very harsh odour.



- *Properties:*

1. Chemical formula: C(10)H(16)O
2. Molar mass: 152.237.g.mol.
3. Appearance: White crystalline
4. Odor: penetrating
5. Density: 0.992 gm cm<sup>-2</sup>
6. Melting point: 175-177 C

7. Boiling point: 209c

8. Vapour pressure: 4mmHg

❖ Application of camphor:

• *Perfume* –

In ancient time camphor was used as perfume ingredients.

*Culinary uses*–

• In ancient time camphor was used as ingredients in sweets.

• It is used in variety of sweet dishes.

*Medicinal uses*–

• Camphor is mostly used as a topical medication such as skin cream or ointment to relieve from itching, insect bites, irritation, or joint pain.

• It also works as slight local anesthesia.

• It is used as an aerosole, by steam inhalation, to inhibit coughing and relieve from common cold.

• High dose of camphor produces symptoms like disorientation, lethargy, muscle spasms, convulsions, vomiting, abdominal cramps and seizures.

• Camphor has narrow use in veterinary medicine as a respiratory tonic for horses.

• *Traditional medicine* -

• Camphor was used in ancient time to treat swellings, sprains and inflammation.

• Camphor used in traditional medicine over large countries.

• Camphor was used all over the world for various purpose.

• *Religion* –

Camphor is mostly used in Hindu religious ceremonies.

• It is called karpur Dani in India.

❖ Name's: IUPAC Name: 1,7,7, trimethylbicycal(2-2-1)heptan-2-one

Other Name's :2-bornanone; bornan-2-one

2-camphonane; formosa

It helps in ordinary life such as:

1) Relieves pain and swelling On the skin camphor act like a lubricant & since, it uses topically to relieve pain and swelling. Due to this it acts like anaesthesia in the skin nerves. Therefore, it prevents red rashes of the skin and inflammation.

2) Use to treat Eczema: Camphor can be used to treat symptoms of Eczema in kids and adults. It Relieves the pain of Eczema. It is use in lotion and ointment treatment of Eczema.

3) Help to induce sleep: Smell of camphor oil gives the calming effect to the mind and brings sleep.

4) Treats cold and cough: Camphor helps in treat the cold, cough & also relieve the pain of sore throat. Camphor oil used in many vaporib and other medicinal drug.

5) Promotes hair growth: Camphor oil is used to hair growth. Application of oil on the hair make it soft & increase the length is of hair.

## 2. Conclusion

Camphor is a natural product mostly use in severe symptoms. Camphor having the properties like antioxidants, anti-inflammatory, analgesic etc. It also relieves the symptoms of cold and cough. Now-a-days, it may be use in treatment of Covid-19. Camphor act as menthol. Camphor can be used to treat cough & cold when it gives with the combination of Turmeric, Ginger, and other Ayurvedic Medicine.

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